



# UCCOOK

## Smoky Beef Mince & Spicy Tacos

with a zingy green sauce & charred corn

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Morgan Otten

**Wine Pairing:** Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	697kJ	5739kJ
Energy	167kcal	1373kcal
Protein	6g	49.2g
Carbs	12g	102g
of which sugars	2.4g	19.5g
Fibre	2.1g	17.5g
Fat	10g	82.5g
of which saturated	3.1g	25.2g
Sodium	188mg	1551mg

**Allergens:** Cow's Milk, Soya, Egg, Gluten, Allium, Wheat, Sulphites

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
150g	300g	Beef Mince
1	1	Onion <i>peel &amp; finely dice ½ [1]</i>
20g	40g	Chipotle Chillies In Adobo <i>finely chop</i>
100ml	200ml	Tomato Passata
120g	240g	Cannellini Beans <i>drain</i>
30g	60g	Danish-style Feta <i>drain</i>
50ml	100ml	Hellmann's Tangy Mayonnaise
10g	20g	Sliced Pickled Jalapeños <i>drain</i>
3g	5g	Fresh Coriander <i>rinse &amp; pick</i>
1	1	Fresh Lime <i>rinse, zest &amp; cut into wedges</i>
2	4	Wheat Flour Tortillas

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Blender

**1. CHARRED CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. SMOKY MINCE & BEANS** Return the pan to medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the onion and fry until soft, 3-4 minutes. Add the chipotle chillies and fry until fragrant, 30-60 seconds. Pour in the tomato passata, 150ml [300ml] of water, and simmer until reduced and thickened, 12-15 minutes. In the final 3-4 minutes, add the beans and cook until warmed through. Remove from the heat. Add a sweetener (to taste) and seasoning.

**3. MAKE THE SAUCE** To a blender, add the feta, the mayo, the jalapeños, ¾ of the coriander, the lime zest, a squeeze of lime juice (to taste), and 2 [4] tbsp of water. Blend until smooth, adding water in increments if it's too thick, and season.

**4. TOAST THE TORTILLAS** Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

**5. TIME TO EAT** Fill up the tortillas with the loaded smoky mince, sprinkle over the charred corn, and drizzle over the Peruvian sauce. Garnish with the remaining coriander and serve with any remaining lime wedges. It's a wrap, Chef!